

Polar RCX5™

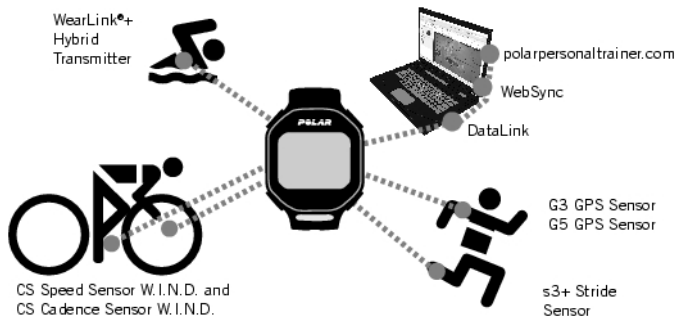
Getting Started Guide



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1. GET TO KNOW YOUR RCX5 TRAINING COMPUTER



This guide will help you get started with your new training computer. The full user manual and the latest version of this getting started guide can be downloaded at www.polar.fi/support. For video tutorials, go to http://www.polar.fi/en/support/video_tutorials.

RCX5 Training Computer Parts



RCX5 training computer provides you with all the data you need to enhance your training performance and saves the data for later analysis. The large display guarantees clear visibility of training information in all conditions.



Comfortable **WearLink®+ Hybrid transmitter** detects your heart rate accurately from ECG, and sends your heart rate signal to the training computer in real time, even in water. The transmitter consists of a strap and a connector.



Transfer your training data with the **DataLink data transfer unit** between the training computer and the polarpersonaltrainer.com web service via WebSync software. Just plug your DataLink into the USB port of your computer, and it detects your training computer with wireless W.I.N.D. technology.

Optional Accessories

- **s3+ stride sensor** transmits the running speed/pace and distance data to your training computer and also measures running cadence and stride length.
- **G3 GPS sensor W.I.N.D./G5 GPS sensor** provides speed, distance and location data, as well as track information, in all outdoor sports using Global Positioning System (GPS) technology.
- **CS speed sensor W.I.N.D.** wirelessly measures distance and your real-time, average and maximum cycling speeds.
- **CS cadence sensor W.I.N.D.** wirelessly measures your real-time and average cycling cadence, also known as pedaling rate, as revolutions per minute.

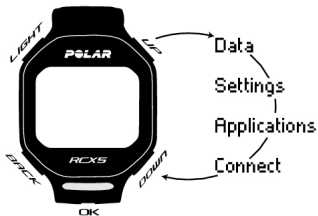
Data from all compatible sensors is sent wirelessly to the training computer over the 2.4GHz W.I.N.D., proprietary to Polar. This eliminates interference during training.

The polarpersonaltrainer.com web service is tailored to support your training goals and there you can:

- download the Polar Endurance training programs to your training computer and optimize the way you train.
- store your training files for long-term follow-up.
- follow up on your progress in detail.
- analyze training intensity and needed recovery time using the training load feature.
- challenge your friends to virtual sports competitions and interact with other sports enthusiasts.

2. SET UP YOUR TRAINING COMPUTER

Buttons and Menu Structure



LIGHT

- Illuminate the display
- With a long press, enter QUICK MENU: in Time view lock buttons, set alarm or select time zone. During training lock buttons, search sensor, adjust training sounds, set lap view or set countdown timer.

BACK

- Exit the menu
- Return to previous level
- Leave settings unchanged
- Cancel selections
- With a long press, return to time mode from any mode

UP

- Move through selection lists
- Adjust a selected value
- With a long press, change the watch face or zoom the upmost row information in Training mode

DOWN

- Move through selection lists
- Adjust a selected value
- With a long press, switch between Time 1/Time 2 or zoom lowest row information in Training mode

OK

- Confirm selections
- Start training session
- Take a lap
- With a long press, lock your heart rate to the current sport zone in Training mode when training without preset target zones

Enter Basic Settings

Before using your training computer for the first time, customize the basic settings. Enter as accurate data as possible to ensure correct feedback based on your performance.

Activate your training computer, by pressing OK. **Select language** is displayed. You can select from **Deutsch**, **English**, **Español**, **Français**, **Italiano**, **Português**, **Suomi** or **Svenska**, accept with OK. **Please enter basic settings** is displayed. Press OK and adjust the following data:

1. **Time:** Select **24h** or **12h**. With **12h**, select **AM** or **PM**. Enter the local time.
2. **Date:** Enter current date.
3. **Units:** Select metric (**kg/cm**) or imperial (**lb/ft**) units.
4. **Weight:** Enter your weight.
5. **Height:** Enter your height. In LB/FT format, first enter feet then inches.
6. **Date of birth:** Enter your date of birth.
7. **Sex:** Select **Male** or **Female**.
8. **Settings OK?** is displayed. To change your settings, press BACK until you return to the desired setting. To accept the settings, press OK and the training computer goes to the time mode.



For detailed information on the settings of your training computer, consult the full user manual at www.polar.fi/support.

3. PREPARE FOR TRAINING

Plan Your Training

The Polar RCX5 training computer offers you different ways to plan your training sessions.

1. There are four different default sport profiles in the training computer: **Running, Cycling (Bike 1), Swimming**, and **Other sport**. Select the sport and make the necessary profile settings for each of the sports to suit your training needs. In time mode, press up to enter **Menu > Settings > Sport Profiles**. For more information on sport profile settings, see the full user manual at www.polar.fi/support.
2. Download the **Polar Endurance training programs** from polarpersonaltrainer.com onto your training computer by using the DataLink data transfer unit and WebSync software. For more information on endurance programs, see polarpersonaltrainer.com Help.
3. Plan and create your own training sessions at polarpersonaltrainer.com and download the training targets onto your training computer.
4. Utilize the **ZoneOptimizer feature** during training programs to make sure that you train at the right intensity every time. The ZoneOptimizer feature adjusts the target heart rate limits according to your daily condition and this way you will not train too hard or too light.
5. The **Race Pace feature** helps you to keep a steady pace and achieve your target time for a set distance.

6. With the **Training Load feature** you can follow up on your training load and recovery in the training diary at polarpersonaltrainer.com and avoid over- or undertraining. For more information see polarpersonaltrainer.com Help.

Using an Accessory with Your RCX5

The RCX5 is compatible with the following optional Polar sensors:

- the **s3+ stride sensor / s3 stride sensor W.I.N.D.**
- the **G3 GPS sensor W.I.N.D. / G5 GPS sensor**
- the **CS speed sensor W.I.N.D.** and the **Polar CS cadence sensor W.I.N.D.**

When you take a new sensor into use, it has to be activated and introduced to the training computer. This is called pairing and only takes a few seconds.

For example, pair the GPS sensor with the training computer: Select **Menu** > **Settings** > **Sport profile** > **Running** > **GPS sensor** > **Search new** and press OK. Once the new GPS sensor is identified, **GPS sensor is found** is displayed. Pairing is complete.

Pairing ensures that your training computer receives signals from your transmitter and sensor only, and enables interference-free training in a group. For more information on taking a new sensor into use, see the full user manual at www.polar.fi/support.



Before entering an event, make sure to perform the pairing process at home. This is to prevent interference due to the long-range data transmission.

4. TRAINING

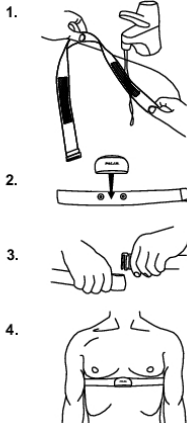
Wear the WearLink®+ Hybrid Transmitter

Wear the transmitter to measure heart rate.

1. Wet the electrode areas of the strap under running water.
2. Attach the connector to the strap. Adjust the strap length to fit tightly but comfortably.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.



Detach the connector from the strap after every use, to maximize the transmitter battery lifetime. Sweat and moisture may keep the electrodes wet and the transmitter activated. This will reduce the transmitter battery life. For more detailed washing instructions, see chapter 6. Important Information.



Start Training

Wear the transmitter and set up an optional sensor* as instructed in the sensor's user manual. If you want to use the ZoneOptimizer feature, to determine your body's training status for the day, see the full user manual at www.polar.fi/support.



1. Start by pressing OK. The training computer enters pre-training mode and starts searching for the sensor signals. If a sensor signal is not found, the display will show a triangle with an exclamation mark. Select the sport for the training session by browsing with the UP/DOWN buttons.



2. Once all the sensor signals are found and you have selected the sport, press OK. **Recording started** is displayed, and you can start your training session.



3. During a training session you can change the training view by browsing with UP/DOWN. With a long LIGHT button press you access the **QUICK MENU**. For further information on functions during training, consult the full user manual at www.polar.fi/support.

* Optional sensors include s3+ stride sensor, G3 GPS sensor W.I.N.D. /G5 GPS sensor, Cycling speed sensor W.I.N.D. or Cycling cadence sensor W.I.N.D.

5. AFTER TRAINING

To pause your training session, press BACK. To stop recording completely, press BACK again.

Detach the transmitter connector from the strap and rinse the strap under running water after every use. Wash the strap regularly in a washing machine at 40°C/104°F at least after every fifth use. For complete care and maintenance instructions, see Important Information.

To view basic data on your performance, go to **MENU > DATA > Training files** on your training computer. For deeper analysis, transfer the data to polarpersonaltrainer.com with DataLink. For more information on data transfer, consult the full user manual at www.polar.fi/support or polarpersonaltrainer.com Help.

The software offers you different options to analyze data with.

- **Training files** lists a maximum of 99 exercise files.
- **Week summaries** displays training summaries for the past 15 weeks plus the current week.
- **Totals since xx.xx.xxxx** includes cumulative values recorded during training sessions starting from the last reset date.
- In **Delete files** you can delete just one or all training files.

6. IMPORTANT INFORMATION

Caring For Your Product

Like any electronic device, the training computer should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

Detach the transmitter connector from the strap after every use. Rinse the strap under running water. Dry the connector with a soft towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals).

Wash the strap regularly in a washing machine at 40°C/104°F or at least after every fifth use. This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the transmitter connector in the washing machine or drier!

Dry and store the strap and the transmitter connector separately to maximize the transmitter battery lifetime. Wash the strap in a washing machine before long-term storage and always after use in pool water with high chlorine content.

Keep your training computer, transmitter and sensors in a cool and dry place. Do not keep them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). The training computer and transmitter are water resistant, and can be used in water activities. Other compatible sensors are water resistant, and can be used in rainy weather. Do not expose the training computer to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.

Keep your training computer and sensors clean. To maintain the water resistance, do not wash the training computer or the sensors with a pressure washer. Clean them with a mild soap and water solution and rinse them with clean water. Do not immerse them in water. Dry them

carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Avoid hard hits to the training computer and the sensors, as these may damage the sensor units.

Operating temperatures are -10 °C to +50 °C / +14 °F to +122 °F.

Service

During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

For contact information and all Polar Service Center addresses, visit www.polar.fi/support and country specific websites.

Register your Polar product at <http://register.polar.fi/> to ensure we can keep improving our products and services to better meet your needs.



The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, polarpersonaltrainer.com, Polar discussion forum and newsletter registration.

Batteries

The RCX5 training computer and the WearLink®+ Hybrid transmitter both have a user changeable battery. To change the battery yourself, please follow the instructions carefully as instructed in chapter Change Batteries Yourself.

Prior to changing the batteries, please note the following:

- The low battery indicator is displayed when only 10-15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- The backlight and sound are automatically turned off when the low battery indicator is displayed. Any alarms set prior to the appearance of the low battery indicator will remain active.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.



If you train in cold conditions (-20 °C to -10 °C / -4 °F to 14 °F) we recommend that you wear the training computer under the sleeve of your jacket, directly on your skin.

Change Batteries Yourself

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In the USA the sealing ring/battery kits are also available at www.shoppolar.com.

Keep the batteries away from children. If swallowed, contact a doctor immediately.

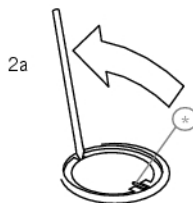
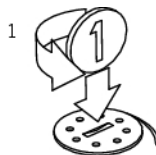
Batteries should be properly disposed of according to local regulations.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneous from both sides, with metal or electrically conducting tools, like tweezers. This may short-circuit the battery causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but it may decrease the capacity and lifetime of the battery.

1. Open the battery cover with a coin by turning it from CLOSE to OPEN.
2.
 - When changing wrist unit battery (2a), remove the battery out carefully with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the metal sound element (*) or the grooves. Insert a new battery with the positive (+) side outwards.
 - When changing transmitter battery (2b), place the battery inside the cover with the positive (+) side facing the cover.
3. Replace the old sealing ring with a new one (if available), fitting it snugly in the cover groove to ensure water resistance.
4. Put the cover back on and turn clockwise to CLOSE.
5. Re-enter the basic settings if you changed the wrist unit batteries.



Danger of explosion if the battery is replaced with wrong type.



Battery Lifetime

The battery lifetime for the RCX5 training computer is on average 11 months and depends on which features and sensors you use. The below suggestions will help you to lengthen the battery lifetime.

To get the 11 months lifetime for the battery, take the following settings into use in your training computer:

- AutoSync function off.
- Do not use the GPS sensor when you don't need speed, distance or location data.

Precautions

The RCX5 training computer shows your performance indicators. It indicates the level of physiological strain and intensity during your exercise. It measures heart rate, speed and distance when cycling with a Polar CS speed sensor W.I.N.D. It also measures speed and distance when running with a Polar s3+ stride sensor or with a Polar G3 GPS sensor W.I.N.D./G5 GPS sensor. The Polar CS cadence sensor W.I.N.D. is designed to measure cadence when cycling. No other use is intended or

implied.

The Polar RCX5 training computer should not be used for obtaining environmental measurements that require professional or industrial precision.

Interference During Exercise

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with training computer. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance. For further information, see www.polar.fi/support.

Minimizing Risks When Exercising

Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?

- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

In addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**

Notice to individuals with pacemakers, defibrillators or other implanted electronic devices. Individuals who have a pacemaker use

the Polar training computer at their own risk. Before starting use, we always recommend a maximal exercise stress test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar training computer.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the transmitter, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.



The combined impact of moisture and intense abrasion may cause a black color to come off the transmitter's surface, possibly staining light-colored clothes. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training computer or the transmitter.

Technical Specifications

Training computer

Battery life:	Average 8-11 months (if you train on average 1h/day, 7 days/week)
Battery type:	CR 2032
Battery sealing ring:	EPDM O-ring 24.30 x 0.8 mm (no need to change during battery replacement if sealing ring is not damaged)
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Training computer materials:	PMMA lens with hard coating in top surface, training computer body ABS+GF metal parts stainless steel
Wrist strap and buckle materials:	Polyurethane (TPU) and stainless steel
Watch accuracy:	Better than ± 0.5 seconds / day at 25 °C / 77 °F temperature.
Accuracy of heart rate monitor:	$\pm 1\%$ or 1 bpm, whichever larger. Definition applies to stable conditions.
Heart rate measuring range:	15-240 bpm
Current speed display range:	0-127 km/h or 0-75 mph
Water resistance:	30 m (suitable for bathing and swimming)

Training computer limit values

Maximum number of files:	99
Maximum number of training sessions in multisport file:	99
Maximum time recorded to file:	99 h 59 min 59 s
Maximum number of laps:	99
Maximum number of laps in multi sport sessions:	99 per sport
Total distance:	999 999 km / 621 370 mi
Total duration:	9999 h 59 min 59 s
Total calories:	999 999 kcal
Total exercise count:	9999

Transmitter

Battery life of WearLink®+ Hybrid transmitter:	600 hours of use
Battery type:	CR2025
Battery sealing ring:	O-ring 20.0 x 1.0, material silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Connector material:	Polyamide
Strap material:	Polyurethane / Polyamide / Polyester / Elastane / Nylon
Water resistance:	30 m (suitable for bathing and swimming)

The Polar RCX5 training computer applies the following patented technologies, among others:

- OwnIndex® technology for fitness test.
- OwnCal® personal calorie calculation.
- WearLink® technology for heart rate measurement.

Polar WebSync Software and Polar DataLink

System Requirements:	Operating system: Microsoft Windows XP/Vista/7 or Intel Mac OS X 10.5 or newer
	Internet connection
	Free USB port for DataLink

Limited International Polar Guarantee

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.

- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

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and Mac OS is a registered trademark of Apple Inc.

Polar Electro Oy is a ISO 9001:2008 certified company.

CE 0537

This product is compliant with Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at www.polar.fi/support.

Regulatory information is available at www.polar.fi/support.



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and

batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.



This marking shows that the product is protected against electric shocks.

Disclaimer

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc./Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

This product is covered by the following patent documents: US 5486818, US6277080, US20070082789, US12/434143, US6537227, US6540686, US20090156944, US7324841, US7076291, US6104947, USD492999SS. Other patents pending.

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